

**METHOD OF TRAINING CHILDREN TO AVOID  
DANGEROUS SITUATIONS AND CHILD  
SAFETY  
COURSE ASSOCIATED THEREWITH**



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PATENT PENDING

## KNOW & GO™ INSTRUCTIONAL MANUAL

### 6 EASY STEPS

TO TEACHING THE

KNOW & GO™

CHILD SAFETY COURSE

## **STEP 1 – SPREAD THE WORD**

Get the word out about the KNOW & GO™ Child Safety Course. Do this by making a flyer or downloading the advertisement on the secured section of the CDT website. Make sure after you download the material that you print the date, time, place, fee and age group of your course on the advertisement. (Should you want suggestions about designing your own flyer then call us directly at CDT and we will gladly help you.) Once the ad is done hype up the course by talking about it at every class. Make sure you post the ad in highly visible areas and make sure you give a sign-up sheet to all parents. Most of all, constantly play the KNOW & GO™ promo video for all to see.



## **STEP 2 - REGISTRATION**

Once all sign-ups are in, fax a typed list of the children's names only to CDT Training Inc. the way the parents want them printed on the KNOW & GO™ Safety Certificate. Please try to send the names to CDT Training Inc. at least 7 days in advance for processing. This way all of the children's certificates will be processed together and sent to you in time for the course. Remember

**this is all about the children so we don't want to disappoint them in anyway AND ALL WE NEED IS THEIR NAMES – NOTHING ELSE.**



### **STEP 3 – SOUND IDENTIFICATION**

**Teach the children sound identification by playing the KNOW & GO™ CD that is enclosed in this Instructors package. Teach them to identify each sound. Do this by playing Track 1 – entitled “Sound Identification.” The sound track is listed below the way it is on the CD. There is a minimum of a 5 second sound interval between each new sound, with a total of 8 different sounds.**

**\*TRACK 1 – “SOUND IDENTIFICATION”**

**Time Segment - 5 Seconds To Name The Correct Sound After The Sound Is Played**

**\*START – Bell Rings – Explain That The Bell Has NO Meaning Except To Start The Obstacle Course!!**

- \* Broken Glass**
- \* Car Screeching To A Halt**
- \* Panic Stricken Crowd**
- \* Vicious Dog Barking**
- \* Police/Fire Vehicles In Motion**
- \* Smoke Detector Alarm**
- \* Train In Motion**
- \* Friendly Voice Asking For Help**



## **STEP 4 – SOUND IDENTIFICATION WITH SAFE MOVEMENT**

**Play the sounds on the CD and have the children play “follow the leader,” identifying the sounds as they follow ‘you’ the Instructor demonstrating the safe proper movement that is designed for each potentially dangerous sound. Do this by playing Track 2 - entitled “Sound – Movement.” There is a minimum of a 10 second interval for naming each of the sounds while showing each safe movement.**

### **\*TRACK 2 - “SOUND – MOVEMENT”**

**Time Segment - 10 Second Intervals For Naming The Sound And Having The Instructor Show The Safe Proper Movement That Corresponds To Each Sound.**

### **\*START – BELL RINGS**

#### **Broken Glass**

**KNOW - Broken Glass Can Cause Serious Injuries By Walking On It Or Grabbing It.**

**GO - Stop, Freeze and Scan.**

#### **Car Screeching To A Halt**

**KNOW – Motor Vehicle Drivers Sometimes Accidentally Lose Control Of Their Vehicles Or Don’t Pay Attention To The Road, Just Like Children That Run Into The Street Without Looking.**

**GO - Quick Stop, Jump Back, Turn And Run 5 Steps Then Stop And Scan.**

#### **Panic Stricken Crowd**

**KNOW – Crowds Like At Different Sporting Events Or Amusement Parks Are In Such A Rush To Get In Or Leave Accidentally Trample Children Because They Don’t See Them In Time To Stop.**

**NO - Locate The Nearest Obstacle Or Parent, Grab On To It. If Alone Yell, “Help, Help “Child Here” To Get People To Notice You.**

### **Vicious Dog Barking**

**KNOW** – In Many Cases Dogs Bite Because Of Quick Motions That Startle Or Agitate Them.

**GO** - Immediate Stop And Remain Motionless.

### **Police/Fire Vehicles In Motion**

**KNOW** - When A Emergency Vehicle Is In Route To Aid Someone Many Times They Use Excessive Speeds Which Makes The Vehicle Harder To Stop And Sometimes Harder To Control. Children Curiosity Of Where These Vehicles Are Going Or Intrigue Of Seeing The Flashing Lights Can Cause The Child To Run Out In The Street Or Stay To Close To The Curb To Watch.

**GO** - Immediate Stop, Turn And Run Back At Least 5 Steps And Then Turn And Look.

### **Smoke Detector Alarm**

**KNOW** - Smoke Inhalation Disrupts Vision And Breathing Leading To Immediate Panic, Especially By A Child.

**GO** - Crawl Along The Nearest Fixed Object Like A Wall And Yell, "Mommy, Daddy I am In The Room Next To The Wall."

### **Train In Motion**

**KNOW** – Train Sounds Echo. In Certain Situations The Noise Sounds Further Than It Really Is Giving A Child A False Sense Of Standing On Or Near The Tracks.

**GO** - Stop, Turn, Run At Least 5 Steps And Then Scan

### **Friendly Stranger Asking For Help**

**KNOW** – Friendly People With Friendly Voices Get Children To Drop Their Guard And Then Lead Them Astray. **A Statements Like This** "Hi I Am A Friend Of Your Mom And Dad's. They Said You Should Come With And Help Me Find My Puppy."

**GO** - Back-Up, Run And Yell, "Don't Touch Me, Stranger, Stranger" And Run Back The Same Way You Came.

**END** -Run To A Phone, Dial 911 & Say: "My Name Is - - - , I live At - - -, I Need Help!"

**\*Course officially ends after they say their name, entire address and to "Please Send Help!!"**



## **STEP 5 - KNOW & GO™ CHILD SAFETY DAY**

Testing day for the children to take their KNOW & GO™ Safety Test. Before starting the test give a positive reinforcement talk and then present each child with the KNOW & GO™ safety shirts which are included in each registration package. This will get the children energized before taking the course. Make sure the course is free from harmful objects.

Examples of course designs are enclosed in this booklet as well as on the instructional video. As each child runs through the course make sure to change the sound tracks on the CD, so no consecutive child gets the sounds in the same order. Tracks 3, 4 & 5 listed below have the sounds mixed up in different versions so the child has to pay attention when it's his or her turn to go. (Note - explain to the children that the first sound they hear will be a bell ringing which signals them to "start" the course)

### **\*TRACK 3 - KNOW & GO™ SAFETY COURSE – VERSION 1**

#### ***BELL RINGS – START SAFETY COURSE***

**CAR SCREECHING TO A HALT  
BROKEN GLASS  
POLICE/FIRE VEHICLES IN MOTION  
PANIC STRICKEN CROWD  
VICIOUS DOG BARKING  
SMOKE DETECTOR ALARM  
TRAIN IN MOTION  
FRIENDLY VOICE ASKING FOR HELP**

**RUN TO PHONE - DIAL 911 – MY NAME IS ----, I LIVE AT ----, I NEED HELP!**

***SAFETY COURSE ENDS.***

**\*TRACK 4 – KNOW & GO™ CHILD SAFETY COURSE – VERSION 2**

**BELL RINGS – SAFETY COURSE BEGINS**

BROKEN GLASS  
CAR SCREECHING TO A HALT  
PANIC STRICKEN CROWD  
VICIOUS DOG BARKING  
POLICE/FIRE VEHICLES IN MOTION  
SMOKE DETECTOR ALARM  
TRAIN IN MOTION  
FRIENDLY VOICE ASKING FOR HELP

RUN TO PHONE - DIAL 911 – MY NAME IS ----, I LIVE AT ----, I NEED HELP!

**SAFETY COURSE ENDS.**

**\*TRACK 5 – KNOW & GO CHILD™ SAFETY COURSE - VERSION 3**

**BELL RINGS – SAFETY COURSE BEGINS**

VICIOUS DOG BARKING  
TRAIN IN MOTION  
BROKEN GLASS  
CAR SCREECHING TO A HALT  
SMOKE DETECTOR ALARM  
POLICE/FIRE VEHICLES IN MOTION  
PANIC STRICKEN CROWD  
FRIENDLY VOICE ASKING FOR HELP

RUN TO PHONE - DIAL 911 – MY NAME IS ----, I LIVE AT ----, I NEED HELP!

**SAFETY COURSE ENDS.**



**STEP 6 – KNOW & GO™ PRESENTATION**

Once all children have completed the KNOW & GO™ Child Safety Course call them up one at a time with their Parent(s) or Guardian(s) and present the child with their KNOW & GO™

**Certificate of Safety and present the parent/guardian with their KNOW & GO™ Parental Safety Manual. After everyone has received their certificate, take a picture to post in your school and start your KNOW & GO™ Child Safety Bulletin Board which will keep parents and children updated on the next KNOW & GO™ event.**

**Congratulate everyone and make sure you tell them all to:  
“Be Safe!!!”**

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